

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

Visit us at www.fns.usda.gov/fdd

A434 – PEARS, CANNED, BARTLETT, DICED, #10

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade A. Bartlett canned diced pears; natural flavor; packed in unsweetened fruit juice, unsweetened fruit juice from concentrate, light syrup, lightly sweetened fruit juice(s) and water, lightly sweetened fruit juices, or unsweetened pear juice.
PACK/YIELD	<ul style="list-style-type: none"> 6/#10 cans per case. Each can contains about 106 oz (11⁷/₈ cups) diced pears and juice. One #10 can AP yields about 66 oz (9¹/₂ cups) drained, diced pears and provides about 38.0 1/4-cup servings drained, diced pears OR about 47.6 1/4-cup servings fruit and juice. CN Crediting: 1/4 cup diced pears and juice OR 1/4 cup drained, diced pears provides 1/4 cup fruit.
STORAGE	<ul style="list-style-type: none"> Store unopened canned diced pears in a cool, dry place. Never put canned goods above the stove, under the sink, in a damp storage area, or any place exposed to high or low temperature extremes. Store opened canned diced pears covered and labeled in a dated nonmetallic container under refrigeration. Use First-In–First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. Use a clean and sanitized can opener. Diced pears can be used right from the can, chilled, or at room temperature.



Nutrition Information

Pears, light syrup, fruit and juice

	1/4 cup (63 g)	1/2 cup (126 g)
Calories	36	72
Protein	0.12 g	0.24 g
Carbohydrate	9.52 g	19.04 g
Dietary Fiber	1 g	2 g
Sugars	7.59 g	15.19 g
Total Fat	0.02 g	0.04 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.18 mg	0.35 mg
Calcium	3 mg	6 mg
Sodium	3 mg	6 mg
Magnesium	3 mg	5 mg
Potassium	41 mg	83 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.4 mg	0.9 mg
Vitamin E	0.05 mg	0.10 mg

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USES AND TIPS	<ul style="list-style-type: none"> • Serve canned pears chilled for breakfast, alone or over cereal. Also use in salads or gelatin as a dessert. • Use in recipes for main dishes, breads, or in desserts such as cobblers and crisps.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time. • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.